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Light at the end of the tunnel

Groups from 8 provinces all
step in to save some of
Ottawa's unneeded
lighthouses

PAGE 6

21st-century treasure hunt

Adventurous minds think
alike — geocaching trend
has promoters luring GPS-
wielding wanderers

PAGE 17

HERD IT HERE FIRST

MOOSEHEADS COACH SAYS HE'S
IN TALKS FOR A MULTI-YEAR
DEAL WITH HALIFAX

PAGE 19

'I can't believe I'm reading this'

One parent to another.

Rehtaeh Parsons' dad
'shocked' to hear of
teen girl being bullied
over online sex video

Quoted



"We let the system work with Rae and
we didn't scream loud enough, and I
regret that deeply."

Glen Canning, father of Rehtaeh Parsons



**RUTH
DAVENPORT**

ruth.davenport@metronews.ca

Rehtaeh Parsons' father said
he was shocked by the story
of another teenaged girl being
victimized by classmates over
the online video of a sex act.

"I can't believe I'm reading
this today in the paper," said
Glen Canning Tuesday. "What
the hell is going on in Nova
Scotia?"

Canning's daughter Rehtaeh
took her own life in April, two
years after she was allegedly
gang-raped at a party and then
harassed relentlessly when a
video of the incident was
distributed via social media.

Canning said reading
the Metro story of a 15-year-

old Dartmouth girl who has
dropped out of school under
similar circumstances "struck
a huge nerve."

"(Rehtaeh) just got so
depressed, she ended her life,"
he said. "What are we going to
do, sit here and watch this again?"

A 14-year-old boy has been
charged with making and
distributing child pornography.
Police say the charges relate to
a consensual act filmed with-
out the victim's permission
at a party where alcohol was
present.

The girl's mother said her
daughter was too drunk to
stand without help, let alone
consent to anything.

As in Rehtaeh's case, a video
of the incident was posted on
Facebook and spread through-

out, resulting in torrents of
abuse being heaped on the girl.

Canning said he's frustrated
by the sluggish response
from the justice system — and
by the kids themselves.

"I'd love to read tomorrow
that police went to a bunch of
schools and made a bunch of
arrests and they're charging
kids with criminal harassment,"
he said. "What are (the
kids) doing it for? A thrill, a
kick?"

He applauded the Dart-
mouth woman for standing
by her daughter, but said she
can't stand by and wait for the
system to work.

"Scream at the top of your
goddamned lungs, and don't
stop screaming until someone
is listening," he said.



MURDER CHARGE LAID

Christopher Kenneth Hutchinson, sporting a spit guard, is escorted into Dartmouth provincial court on Tuesday afternoon by sheriffs. Hutchinson has been charged with second-degree murder in the death of his girlfriend, Tara Lynn Park. Story, page 3. EMILY KITAGAWA/FOR METRO



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Alleged assault

Also charged with striking officers at police HQ

The man accused of killing Tara Lynn Park is also facing several charges related to his interview while in police custody on Monday afternoon.

Halifax Regional Police allege that during questioning, Christopher Hutchinson attacked police officers and damaged equipment in the interview room.

"While he was being questioned, Mr. Hutchinson became violent," said Halifax Regional Police spokesman Const. Pierre Bourdages.

"He punched the interviewing officer in the face, and as we were attempting to gain control of him, he grabbed the chair he was sitting on and threw that chair at the other officer who came into the room."

None of the officers were injured.

Bourdages said Hutchinson wasn't handcuffed during the interview. He said police don't handcuff suspects when being questioned unless "they're aggressive and display violence."

"In this case, that was not the fact. He became violent during the interview," Bourdages said.

Hutchinson has been charged with assaulting a police officer with a weapon and with property damage.

Park was stabbed to death in the stairwell of a Dartmouth apartment on Saturday night.

RUTH DAVENPORT/METRO



Police tape surrounds 117 Albrow Lake Rd. in Dartmouth on Sunday after police found Tara Lynn Park stabbed to death in an apartment stairwell. JEFF HARPER/METRO

Man charged with killing girlfriend

Staying in custody.
Christopher Hutchinson granted two weeks to seek legal advice



HALEY RYAN
haley.ryan@metronews.ca

The Dartmouth man facing a second-degree murder charge in the death of his girlfriend will remain in custody for another two weeks so he can obtain legal advice.

Just before 3 p.m., Christo-

pher Kenneth Hutchinson arrived at Dartmouth provincial court on Tuesday in the back of a police van and stepped down into the sunny parking lot with hands cuffed behind his back. He was wearing a light-green spit guard around his face.

Hutchinson, 28, made a brief appearance in court, standing quietly in a black T-shirt as Judge Flora Buchan set his next court date.

He stood about five-foot-eight, thin, with light brown hair and tattoos on his arms.

Defence lawyer Pat Atherton asked the judge for two

weeks so Hutchinson could look over "paper work" and obtain legal counsel.

Hutchinson was arrested on Monday and charged with the second-degree murder of Tara Lynn Park on Tuesday.

Park was found in a stairwell of the apartment at 117 Albrow Lake Rd. after police responded to reports of a commotion in the building.

An autopsy determined she was stabbed to death, and police say Hutchinson became a person of interest early on.

"I can't go into detail to what information we received, but throughout the

investigation he became a person of interest in this case," Bourdages said.

Bourdages said Park and Hutchinson were girlfriend and boyfriend, referring to the murder as a domestic dispute.

Next steps

Christopher Hutchinson is scheduled to appear on June 18 to set dates for a preliminary inquiry. He will have to apply through the Nova Scotia Supreme Court if he wants bail.

1 NEWS

My mom taught me...
it's better to be kind than to be right, a girl can be anything she wants to be, it costs nothing to give someone a helping hand, and to

always choose Baxter.

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Search. Cruise-ship worker facing child-porn charges

A crew member aboard a cruise ship docked in Halifax has been charged with possession of and smuggling child pornography.

A release from Halifax Regional Police states that Canada Border Services Agency officers performed a routine search of the ship on Monday and found electronic files depicting child pornography on electronic equipment belonging to a crew member.

The crew member was ar-

Suspect

Sean Richard Bell, 36, of Morden, Man., was scheduled to appear in Halifax provincial court on Tuesday.

rested, interviewed by members of the HRP/RCMP Integrated Child Exploitation Unit and held in custody overnight.

METRO

Stolen saddles. No horsin' around about this case

Halifax RCMP are looking for the public's help finding several saddles stolen from a stable in Head of St. Margaret's Bay.

The owner called police around 10:30 a.m. Monday after she discovered the saddles and several bridles were missing from her stable on Indian River Road. It's believed they were

stolen sometime during Sunday evening.

The missing items include five saddles and various bridles with bits, valued at more than \$10,000.

Anyone with information about the theft is asked to contact Halifax police or Crime Stoppers. METRO

May statistics. More than 40 people charged with driving while impaired

Police in HRM charged dozens of people, ranging in age from 17 to 74, with impaired-driving offences in May.

Of the 41 people charged, 33 were men and eight were women. Six were caught after collisions, 22 by traffic stops and 13 at checkpoints.

Blood-alcohol-content readings ranged from 0.09 to 0.37. Eleven of the people arrested had BAC levels of more than two times the legal limit, three

By the numbers

19

The number of calls coming in from the public that led to arrests.

registered more than three times the legal limit and one reached more than four times the limit.

METRO

Heywood

Missing man found, police say

Halifax police say they have located a missing Dartmouth man.

Sean James Heywood, 25, was reported missing last Monday.

He contacted family by phone the next day but police weren't able to locate him.

On Tuesday, police announced that Heywood was located on Monday and that he was safe. METRO

Queen, Green streets

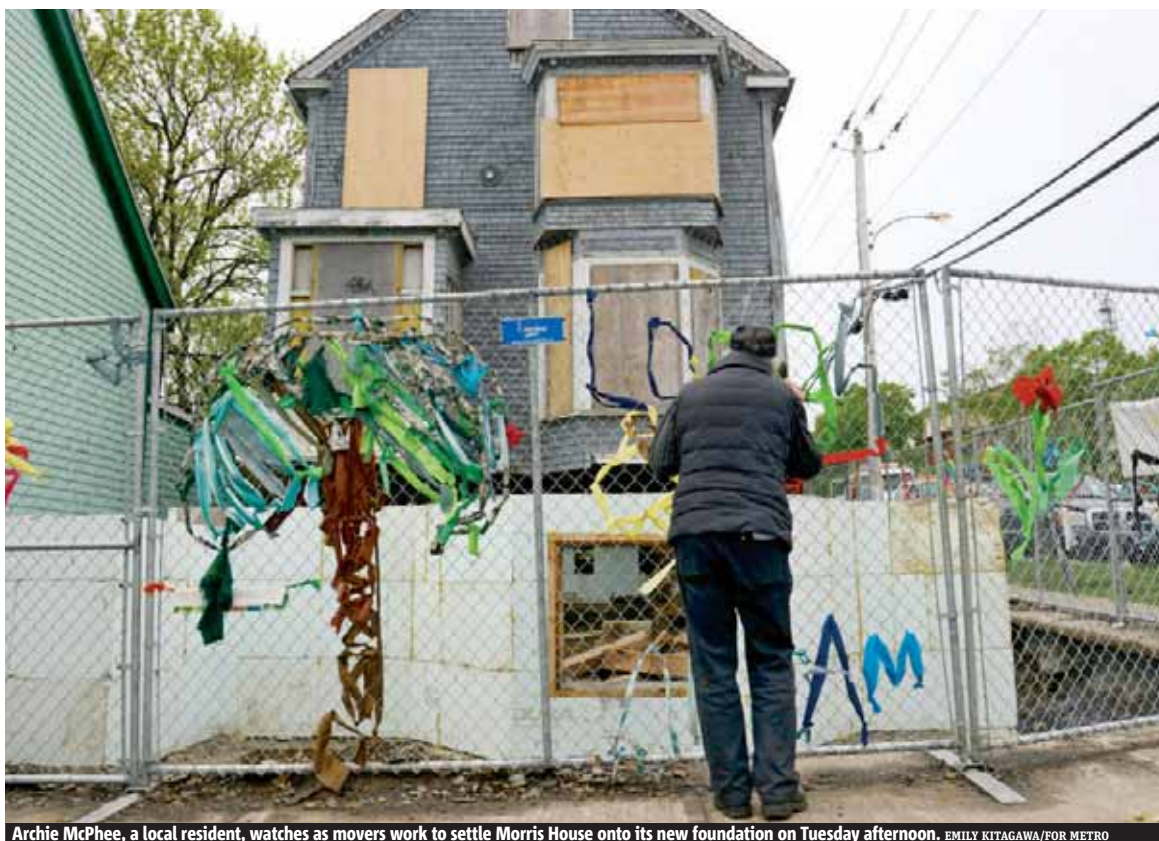
Skateboarder injured in collision with car

A man has been hospitalized with leg injuries after he was knocked off his skateboard by a car.

Halifax Regional Police officers responded to the accident just before 4 p.m. Tuesday at Queen and Green streets.

The man, in his 20s, was travelling on the street on a skateboard and was hit by a car as the driver turned to enter a parking lot.

METRO



Archie McPhee, a local resident, watches as movers work to settle Morris House onto its new foundation on Tuesday afternoon. EMILY KITAGAWA/FOR METRO

Morris House inches ever closer to home

In progress. Heritage building gradually being moved to permanent location

Quoted

"It's going to look brilliant."

Kim Thompson of the Ecology Action Centre on Morris House

Morris House is on the move, but it won't have far to go this time.

The 249-year-old heritage house is slowly moving forward a few feet at a time until it hovers above its new foundation on the corner of Creighton and

Charles streets.

Phil Pacey, chair of the Heritage Trust of Nova Scotia, said over Wednesday and Thursday the house will be checked for warping and slowly lowered down onto the foundation.

"Then, of course, we have the biggest part to do, really, to get the building repaired and occupied again. It would be nice to finish it this year," Pacey said as he watched the progress Tuesday afternoon.

Although Kim Thompson of the Ecology Action Centre said she was hoping the house would be settled by now, she's relieved everything has gone smoothly.

"We're really excited that finally all those pieces are in place and we're looking

forward to the next phase," Thompson said.

"The whole neighbourhood has really been watching it and is eager to see it situated."

Pacey said the side shingles will be re-painted and fixed during the remodelling phase, but he is hoping to keep most of the original elements.

"It's not its original neighbourhood, which was the old south end, but this is the old north end, which is a neighborhood of a similar style and age," Pacey said. HALEY RYAN/METRO

Beach flies flag of quality with eco-label

Dartmouth, let your Blue Flag fly.

Birch Cove Beach is the first beach in Nova Scotia to receive the Blue Flag eco-label.

According to a HRM release, the Blue Flag is awarded to beaches and marinas that have reached international standards in overall quality.

"Wherever you see a Blue Flag, you know the beach or marina has great water quality, is working to protect natural areas, has lifeguards

Online

More details about the Blue Flag program and the certified beaches can be found at blueflag.ca.

or lifesaving equipment and helps to educate the community about how to protect and improve the local environment," said Brett Tryon, co-ordinator of the Blue Flag Can-



Jake Nielson jumps into the arms of his grandfather Philip Burgess at Birch Cove Beach. METRO FILE

ada program, in the release.

Mayor Mike Savage says the certification makes a posi-

tive impact in the community.

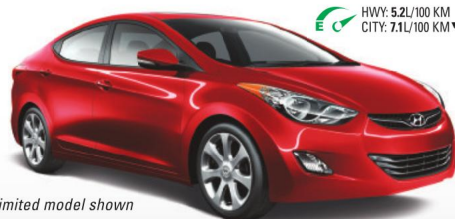
"The Blue Flag will contribute significantly to awareness of Birch Cove Beach and will help in promoting (it) as a sustainable beach destination," Savage said.

Seventeen other beaches and four marinas in Canada have been recognized since the Blue Flag program was introduced in 2005. The Halifax Waterfront Marina also won the award for the second year in a row. METRO



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The Sambro Island lighthouse, the oldest operating lighthouse in North America, is seen last month. THE CANADIAN PRESS

Groups submit plans to save 128 of 907 lighthouses

Community groups and municipalities in eight provinces have come forward with business plans to save 13 per cent of the lighthouses that Ottawa says are no longer needed for navigational purposes.

In all, 128 plans were submitted by the June 1 deadline, the federal Fisheries Department confirmed Tuesday.

Five years ago, the department declared 970 of its active and inactive lighthouses surplus, saying they were no longer needed as aids to navigation, mainly because mariners now rely on satellite signals to set their courses.

Federal spokesman An-

Quoted

"As long as ... it continues to serve a program function, it will be maintained within our inventory."

Federal spokesman Andrew Anderson of Sambro lighthouse

drew Anderson said despite the deadline, the department is willing to accept more business plans over the next two years, insisting that Ottawa isn't about to start demolishing or selling off surplus lighthouses.

"We are acutely aware that some of them can be of tremendous historic importance," Anderson said.

"If there's a community interested ... in taking a

property and leveraging it for economic development in their community, then we certainly will enable that."

Of the 128 plans submitted, there are: 50 from Ontario, 29 from Nova Scotia, 20 from P.E.I., 12 from Quebec, eight from Newfoundland and Labrador, five from New Brunswick, two from Manitoba and two from British Columbia.

THE CANADIAN PRESS

Plea deal for Internet Black Widow?

Melissa Ann Shephard.

Trial for alleged killer had been scheduled to begin Monday

The Supreme Court trial for a Nova Scotia woman charged with attempting to murder her former husband is not expected to proceed as scheduled next week.

Instead, there are indications a plea deal may have been reached in the case of Melissa Ann Shephard, whose two-week trial is set to open Monday.

Both defence lawyer Alan Nicholson and Crown prosecutor Diane McGrath offered somewhat cryptic responses Tuesday when asked if the trial would be proceeding.

"She will be here Monday as all I can say," said Nicholson, who declined to comment on whether there will be a trial.

McGrath said Shephard will be in court Monday afternoon and again Tuesday, but the remainder of the time scheduled for the trial will not be needed.

Supreme Court Chief Justice Joseph Kennedy is still scheduled to preside over

Criminal past

Web of convictions

Melissa Ann Shephard already has a criminal record involving former husbands and boyfriends and has been dubbed by media as the Internet Black Widow.

She was convicted in 1991 of manslaughter in connection with the death of another husband. She was also convicted of fraud and served time in a Florida jail in connection with another man she met through an Internet dating site.

Shephard is being held at the provincial women's correctional centre in Dart-



Melissa Ann Shephard is escorted into Sydney provincial court last year. THE CANADIAN PRESS

mouth and previously waived her right to a bail hearing. She has been on remand since her arrest in September.

CAPE BRETON POST

the case.

In addition to attempted murder, Shephard is also charged with administering a noxious substance, benzodiazepine, with intent to endanger a life. The offences allegedly occurred between Sept. 24 and Sept. 30 in North Sydney.

The complainant in the

case is Fred Weeks, of New Glasgow, who married Shephard a day prior to the couple hitting the road for a honeymoon. The province's Vital Statistics division advised Weeks it would not be registering his marriage because false information was provided on the marriage document.

CAPE BRETON POST

Dartmouth

Man robbed by suspects wielding knives, gun: Police

Police are looking for two men who threatened another man with knives and a third man who had what looked like a gun tucked into his pants during a robbery in Dartmouth.

The victim was walking on the path near the coast guard building off Parker Street Tuesday when the three suspects approached him. The robbers took the man's backpack and cell phone and took off on foot. The victim wasn't hurt. Police arrested a 15-year-old boy nearby soon afterwards and are still looking for two more suspects. **METRO**

Cape Breton. Former soldier convicted in fatal shooting given full parole



Matthew Wilcox
CAPE BRETON POST FILE

The mother of a Canadian soldier killed in Afghanistan was unaware this week that the man responsible for his death had received full parole six months

ago. "We really don't think about it, so we don't give him a second thought. So it matters not to me where he's at."

CBC News reported that Wilcox was granted full parole in January, less than a year after starting day parole in June 2012.

Wilcox, who was 26 when he was sentenced to four years in jail in 2011, had only begun serving his sentence a few months prior, and was given credit for the three and a half months of jail time he had already served in military and federal prisons.

CAPE BRETON POST

Karen Megeney's son, Kevin Megeney, 25, was fatally shot by his best friend, Matthew Wilcox of Glace Bay in 2007.

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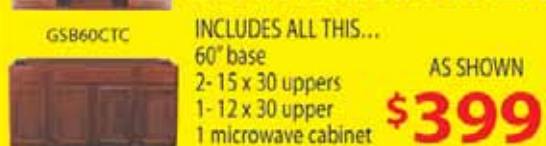
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Marijuana in the U.S.

Possession arrests higher for blacks despite equal use

Black people are arrested for possessing marijuana at a higher rate than white people, even though marijuana use by both races is about the same, the American Civil Liberties Union reports in a new study.

The analysis of federal crime data, released Tuesday, found marijuana arrest rates for blacks were 3.73 times greater than those for whites nationally in 2010. In some counties, the arrest rate was 10 to 30 times greater.

The report comes as Colorado and Washington just legalized adult possession of small amounts of marijuana.

THE ASSOCIATED PRESS

El Salvador

Woman denied an abortion recovering after baby's death

An ill Salvadoran woman who delivered a baby through a cesarean section after being denied a medical abortion is recovering well and has had her tubes tied as she requested, doctors said Tuesday.

The 22-year-old's bid to end what her lawyers said was a life-threatening pregnancy drew international attention.

Her baby girl was born without a brain and died five hours after the woman had a C-section Monday.

The woman, known only as Beatriz, underwent the operation after 27 weeks of pregnancy.

THE ASSOCIATED PRESS

Auditor general

Senate proposes expense review

The Harper government is hoping to restore public confidence in the Senate by putting the scandal-plagued chamber's books under the auditor general's microscope.

Sen. Marjory LeBreton, the government leader in the Senate, introduced

a motion Tuesday asking auditor general Michael Ferguson to conduct a comprehensive audit of Senate expenses, including the expense claims filed by individual senators.

The NDP put forward another motion calling for funding to the Senate to be cut off as of July 1 — what NDP Leader Tom Mulcair referred to as a Canada Day "gift."

THE CANADIAN PRESS

Cops bust underground pot crop

B.C. grow-op. Disguised bunker containing 430 plants, industrial generator linked to Hells Angels, police say



EMILY JACKSON
Metro in Vancouver

A sophisticated underground marijuana grow-op disguised as a Langley hobby farm — complete with three sheep, a pig and guarded by about a dozen pit bulls and Chihuahuas — was busted by police over the weekend.

RCMP needed a crane to excavate five steel shipping containers connected with a continuous underground pathway at the property in the 27000 block of 56th Avenue, according to a news release from B.C.'s Combined Forces Special Enforcement Unit.

Three men and one woman were arrested when investigators found 430 plants at the site, though they were later released pending further investigation. The dogs are being cared for by one of their family members.

Officers were "shocked" that the operators cut into a

Industrious crime

"The lengths that the people constructing these types of grow-ops will go to are alarming."

CFSEU-BC spokesman Sgt. Lindsey Houghton, in a statement

nearby natural-gas pipeline to power the elaborate bunker system with an industrial-sized natural-gas generator worth about \$100,000.

"This had the potential to be extremely dangerous to the public and emergency responders," CFSEU-BC spokesman Sgt. Lindsey Houghton said in a statement.

Police believe the grow-op, described as a "complex operation that required a great deal of planning and equipment," including cranes and flatbed trucks, was running for at least a couple of years.

This is the second underground grow-op the CFSEU-BC has dismantled in the past two months. While police don't believe the Langley operation is connected to the Mission, B.C., operations disguised as horse paddocks they busted last month, they think both are linked to the Hells Angels.



The inside of a marijuana grow-op found in Langley, B.C. CONTRIBUTED/CFSEU-BC



Colorado judge accepts Holmes' insanity plea

Sheriff's deputies search people before they enter district court for a hearing for Aurora theatre-shooting suspect James Holmes, inset, in Centennial, Colo., on Tuesday. A judge accepted James Holmes' long-awaited plea of not guilty by reason of insanity Tuesday and ordered him to undergo a mental evaluation — an examination that could be a decisive factor in whether the Colorado theatre shooting suspect is convicted and sentenced to die. The judge also granted prosecutors access to a hotly contested notebook that Holmes sent to a psychiatrist shortly before the July 20 rampage, which left 12 people dead and 70 injured in a bloody, bullet-riddled movie theatre in suburban Denver.

BRENNAN LINSLEY/THE ASSOCIATED PRESS

Erectile-dysfunction pills. Alleged love-drug pushers looking at hard time

Lots of happy women?

120,000

Police allegedly found 120,000 erectile-dysfunction pills and capsules at the head offices of Elmaleh's businesses.

People who allegedly trafficked industrial quantities of illegal erectile-dysfunction pills into Canada are facing the prospect of jail time.

Two men are accused of bringing in hundreds of thousands of contraband pills made in China and selling them across Canada.

The Canada Border Services Agency says the illegal products were intended for sale on the Internet and in sex shops in different provinces.

Dozens of charges are being laid against Alain Elmaleh and Alain Richer, and against 12 businesses Elmaleh owns in five provinces: British Columbia, Ontario, Quebec, New Brunswick and Nova Scotia.

The border-services agency announced Tuesday it is laying 37 charges against the two Montreal men under the Customs Act, the Food and Drugs

Act and the Criminal Code.

The most serious of the charges against the men, selling contraband, carries a maximum \$500,000 penalty and up to five years in prison.

Authorities say the investigation was launched in 2011 when agents found 130,000 oral strips at Montreal's Trudeau airport. Then, a year later, it says it also found 120,000 pills and capsules, and packaging materials, at the head offices of Elmaleh's businesses.

THE CANADIAN PRESS

Proposed ban. Rapists in India 'provoked by mannequins': Official

Mannequins displaying lingerie and other skimpy clothing may soon be banned in India's cosmopolitan city of Mumbai as an anti-rape measure.

The municipal council overwhelmingly passed a resolution last month barring stores from putting scantily clad mannequins outside their shops. The municipal commissioner has yet to give the required approval of the resolution.

City council member Ritu Tawde said she proposed the mannequin ban because such displays degrade women and could provoke men to attack them.

Indians have increasingly demanded stronger protections for women since the gang rape and killing of a student on a bus in the capital of New Delhi in December.

"Such people get provoked by mannequins. After all, a

Tourist gang-raped

An American woman was gang-raped Tuesday in the northern Indian resort town of Manali, police said.

- The 30-year-old woman was picked up early Tuesday morning by men in a truck as she was hitchhiking back to her guest house after visiting a friend, police officer Sher Singh said.

mannequin is a replica of a woman's body. That's why I oppose it, because mannequins do not suit Indian culture," Tawde said. However, shop owners will still be able to display mannequins how they want inside their stores, she said.

THE ASSOCIATED PRESS

Turkey softens tone in bid to ease days of protests

Fatality. 22-year-old man died during anti-government protest in Antakya city near border with Syria

Turkey's deputy prime minister offered an apology Tuesday for the government's violent crackdown on an environmental protest, a calculated bid to ease days of anti-government rallies in the country's major cities.

The message was a bit mixed, however, as hundreds of riot police deployed with water cannons around the prime minister's office in the capital of Ankara.

Bulent Arinc, who is standing in for the prime minister while he is out of the country, said the crackdown was "wrong and unjust."

Yet the impact of his statement was unclear. Prime Minister Recep Tayyip Erdogan, who is visiting Morocco, Algeria and Tunisia, has undermined previous statements by his ministers and has dismissed the protesters as a fringe minority stirred up by the opposition.

Tens of thousands of mostly secular-minded Turks have joined anti-government rallies since Friday, when po-



A protestor sleeps in Istanbul's Taksim Square on Tuesday. Turkey's protests initially began over the fate of Taksim Gezi Park, one of the last significant green spaces in the centre of the city. URIEL SINAI/GETTY IMAGES

lice launched a pre-dawn raid against a peaceful sit-in protesting plans to uproot trees in Istanbul's main Taksim Square. Since then, the demonstrations have spiraled into Turkey's biggest anti-government disturbances in years.

The Turkish Human Rights

Quoted

"The excessive violence exerted on people who were acting out of environmental concerns was wrong and unjust."

Bulent Arinc, deputy prime minister

Association said some 3,300 people nationwide were detained during four days of protests, although most have since been released. At least 1,300 people were injured, the group said, although it said the number could be higher.

Protests have been directed at what critics say is Erdogan's aggressive and authoritarian style of governing. Many accuse him of forcing his conservative, religious outlook on citizens' lives in this mainly Muslim but secular nation. Erdogan rejects the accusations, says he respects all lifestyles.

THE ASSOCIATED PRESS

EU trade talks with feds back on: N.L. premier

Talks between Newfoundland and Labrador and Ottawa about a trade agreement with the European Union appear to be back on track, Premier Kathy Dunderdale said Tuesday.

Dunderdale said last week that her province was being pressured by federal officials to forfeit minimum seafood processing requirements that protect local fishery jobs in order to ease trade talks with Europe. She said that nearly scuttled talks for the \$1-billion loan guarantee for the Muskrat Falls hydroelectric project last fall.

But Dunderdale said Tuesday there is now "alignment" with Ottawa after the prov-

Line in the sand

"We had to really draw a line in the sand and say we were going to represent the best interests of our province. We weren't going to compromise that in any way, regardless of what the benefits might be for the rest of the country."

N.L. Premier Kathy Dunderdale

ince developed a position on the seafood processing issue

that federal negotiators will take to Brussels.

"We had to really draw a line in the sand and say we were going to represent the best interests of our province," she said.

"We weren't going to compromise that in any way, regardless of what the benefits might be for the rest of the country."

She didn't provide details, but said her province has clearly laid out its concerns and where it is willing to be flexible.

Dunderdale said she thinks a final deal with the Europeans could be a week to 10 days away.

THE CANADIAN PRESS

State wiretaps

UN expert wants tighter scrutiny

The United Nations's investigator on freedom of expression called Tuesday for closer scrutiny of government wiretapping efforts around the world.

Frank La Rue said states should publish data on the kind of phone and Internet surveillance they conduct, and the subjects of them should have the right to be notified afterward. Individuals should also have the right to use encryption technology.

THE ASSOCIATED PRESS

Big squanders

Americans waste 1/3 of their food

Americans throw away more than a third of the food they buy — almost \$400 US a year per person.

The Agriculture Department said it will work to make it easier for companies to donate misbranded meat, test out a composting program, and increase donations of food that may get discarded.

THE ASSOCIATED PRESS

Internal emails

U.S. missile crews have low morale?

Nuclear missile officers with the U.S. air force's 91st Missile Wing in North Dakota are complaining of morale-sapping pressures, according to internal emails. Key themes include working under "poor leadership" and being stuck in "dead-end careers" in nuclear weapons.

THE ASSOCIATED PRESS

VIA Rail

Union preparing to go on strike

The Canadian Auto Workers union and VIA Rail are conducting marathon negotiations to avoid a strike deadline set for next week.

The union, which represents 2,000 customer-service, onboard-service and maintenance workers, and VIA have set a deadline of June 14, 12:01 a.m. Contract talks have been ongoing since October. Union members voted 94 per cent in favour of a strike. THE CANADIAN PRESS



Queen's crowning moment

Catherine, Duchess of Cambridge, chats with Prince Harry as Britain's royal family gathered at Westminster Abbey in London, England, Tuesday for a ceremony of pomp and prayer to mark the 60th anniversary of the coronation of Queen Elizabeth II.

ANTHONY DEVLIN/WPA POOL/GETTY IMAGES

Pawsitive move. Furry refugees from Lebanon to call Windsor home

A local non-profit is helping dogs from an overcrowded shelter in Beirut find welcoming families in Windsor.

For the Love of Paws, in partnership with Hopeful Hearts Dog Rescue in Ottawa and Beirut for the Ethical Treatment of Animals (BETA), is set to receive eight dogs from the Lebanese capital. "In our organization, we always felt that if there was a need somewhere, we would lend a hand," said John Dunn, a For the Love of Paws volunteer.

According to Dunn, the "unstable situation" in Lebanon takes its toll on animals as well as humans. Pets are abandoned as families move or are displaced, and many animals in BETA shelters have been victims of abuse.

"This is officially the worst period the animals have witnessed in the history of this organization," reads a December post on BETA's website. "As sad as it is, we see animals shot, burnt, dragged by cars and abused on daily basis ... but we have never seen so many animals being abandoned in so little time."

The influx of abandoned animals has taxed BETA's shel-



This is one of the eight dogs that will be flown from Beirut on June 15. CONTRIBUTED/FOR THE LOVE OF PAWS

ters, Dunn said.

"They're in a shelter that at any given time has 350 dogs. They deserve a chance to have a family and not just a few people who feed and take care of them," he said.

The dogs will be flown from Lebanon to Montreal on June 15, before being taken to Ottawa and picked up by volunteers the following day. Four of the eight dogs will be taken to Windsor, and after a brief stay in foster homes, they will be put up for adoption.

For more information, visit fortheloveofpawsanimalrescue.com.

LUKE SIMCOE/METRO



Tens of thousands of people take part in a candlelight vigil on the 24th anniversary of the Tiananmen Square protests during heavy rain on Tuesday in Hong Kong. It's the only commemoration on Chinese soil. LAM YIK FEI/GETTY IMAGES

Tiananmen remembered in Hong Kong

Vigil. Meanwhile, resentment of mainland China is rising

Every year, Hong Kong residents gather in droves for the annual vigil to commemorate the Tiananmen democracy protests. More than marking the brutal crackdown in Beijing 24 years ago, the event increasingly symbolizes disaffection with rule by China.

Tens of thousands of people gathered Tuesday evening at a large park in the former British colony. They turned the park into a sea of flickering light as they held candles to remember those killed when their protests in central Beijing were crushed by the Chinese military on June 4, 1989.

Quoted

"If you don't hold this event, then the memory will quickly be forgotten."

Alex Lai, a 26-year-old accountant who has been attending the vigil for 10 years

Commemorations of the crackdown are suppressed everywhere else in China.

The vigil was cut short by a brief but heavy tropical downpour. But many remained, huddling with their candles under umbrellas. Organizers estimated a crowd of 150,000 while police put the number at 54,000.

Organizers called for Beijing to reverse its verdict on the protests, which Communist Party leaders have condemned as a counterrevolutionary riot.

THE ASSOCIATED PRESS

Harassment. Mountie tries to launch a class-action suit against RCMP

Lawyers for a female RCMP officer were in court Tuesday to try to sue the force on behalf of Mounties who say they've been harassed on the job.

The long process by officer Janet Merlo to have the lawsuit declared a class-action case and ultimately heard by a judge began last year.

Merlo alleges she and fellow female members across Canada were subject to discrimination, bullying and harassment

and that the RCMP failed to ensure they could work in a safe environment.

None of the allegations have been proven in court.

The RCMP has issued denials in several lawsuits against the force and its officers. But an internal report released last year suggests gender-based harassment was common among the officers who participated in a study about their experiences. THE CANADIAN PRESS

Canadians slow pace of debt accumulation

New data on consumer credit suggests Canadians are becoming more cautious about making purchases that involve taking on debt.

The analysis by TransUnion Market Trends shows average consumer debt in Canada, excluding mortgages, fell by two per cent to \$26,935 in the first three months of 2013 from the fourth quarter in 2012.

While total debt is still 3.5 per cent higher from a year ago, it was the first quarterly drop since the third quarter of 2011 and the largest since the firm began collecting the data in 2004.

TransUnion vice president Thomas Higgins says while the fall-off was significant, it is still too early to declare a trend. He notes that the 2011 decline was quickly followed by rapid increases in 2012.

The Bank of Canada has welcomed the general trend



Average Canadian consumer debt, excluding mortgages, fell by two per cent in the first quarter of 2013 compared with the fourth quarter of 2012. THE CANADIAN PRESS FILE

to more frugal finances among households, particularly in mortgages, which make up for the vast majority of debt held by Canadians. The bank continues to warn, however, that Canadians

By the numbers

\$1,398

The average Canadian pays about \$1,398 in interest each year on their lines of credit, says TransUnion vice-president Thomas Higgins — but that would rise by \$350 if rates rose by one percentage point, and by \$699 if rates rose two points.

could be caught out once interest rates start rising.

With interest rates at rock-bottom levels, TransUnion says delinquency rates remain low for all credit products.

On consumer debt — which includes credit card debt, lines of credit, installment and car loans — all provinces except British Columbia posted a quarter-quarter decline in the first three months of 2013. In B.C., credit rose 3.7 per cent.

THE CANADIAN PRESS

Consumer safety

Feds introduce stiff fines for firms that don't obey recalls

The federal government is going to impose fines of up to \$25,000 a day on companies that don't remove unsafe consumer products from their shelves. Health Minister Leona Aglukkaq announced Tuesday that a company that ignores government orders and deadlines to withdraw unsafe goods will be handed a stiff fine. THE CANADIAN PRESS

Wireless competition

Paradis blocks Telus bid for Mobilicity

Ottawa is blocking a \$380-million deal to sell struggling wireless upstart Mobilicity to Telus Corp. and says it will continue to prohibit spectrum transfers that would limit competition in the Canadian wireless market. Industry Minister Christian Paradis said Tuesday the government would use all tools at its disposal to ensure there are at least four wireless competitors in every region of Canada. THE CANADIAN PRESS

In-store entertainment

Mood Media signs deal with Universal

Toronto-based Mood Media Corp. has announced a five-year deal to collaborate with Universal Music Group. Mood Media uses audio, visual and other sensory services that appeal to customers at hundreds of businesses such as clothing stores and restaurants. Universal Music says the deal will give its artists increased exposure. THE CANADIAN PRESS

Market Minute

DOLLAR
96.67¢ (-0.63¢)

TSX
12,593.97 (-15.83)

OIL
\$93.31 US (-14¢)

GOLD
\$1,397.20 US (-\$14.70)

Natural gas: \$3.99 US (no change)
Dow Jones: 15,177.54 (-76.49)

China. B.C.'s excess crops mean hay day for exporter

China's booming agricultural industry is literally proving to be rich fodder for farmers in Vanderhoof, B.C.

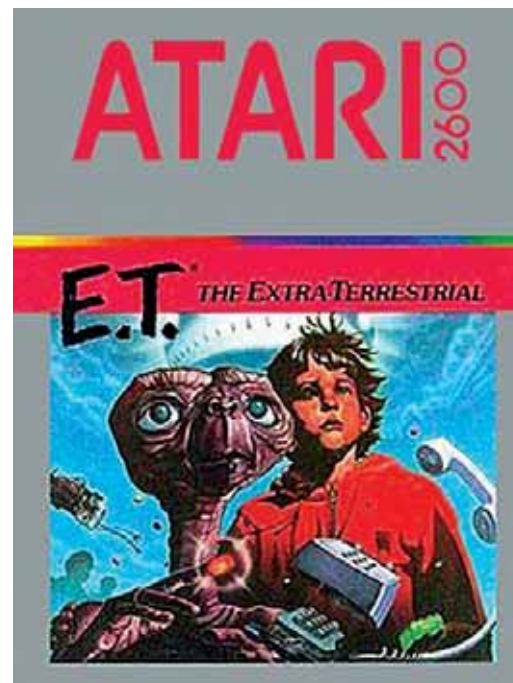
Entrepreneur Judd Wu moved from China last spring to launch Top Hay Agri Industries, specializing in compressing hay bales to a fraction of their original size, for shipment to China's voracious agricultural markets.

Wu chose Vanderhoof, which is in central B.C., because it has the acreage and climate to produce lots of hay, as well as convenient transportation links to port in Prince Rupert.

Nechako-Lakes MLA John Rustad says Vanderhoof has the potential to grow much more hay than the region can consume. THE CANADIAN PRESS



Vanderhoof, an area in central B.C., is capitalizing on China's agricultural boom by shipping excess hay overseas. GETTY IMAGES FILE



Would you dig through a landfill for this game?

A New Mexico city commission has agreed to allow a Canadian studio to search an old landfill where old, terrible Atari games are rumoured to be buried. The Alamogordo Daily News reports that Alamogordo, N.M., commissioners will allow Fuel Industries, which has offices in Ottawa and Los Angeles, to search the landfill for games. One sought-after game, E.T., is thought by some to be one of the worst video games of all time. Atari paid Steven Spielberg tens of millions of dollars to license the E.T. name, and the dud of a game caused the troubled company's worth to sink even further at the time. Alamogordo Commissioner Jason Baldwin says he played the E.T. game and it was horrible. THE ASSOCIATED PRESS

DENY MILK FOR GREENER PASTURES

I'm so confused.

This week's hot book says that if you really want a meaningful relationship, you should go on a sex diet.

Well, to be precise, it says women should go on a sex diet, but that has obvious implications for their potential partners, who are everybody else.

The book is called *The 30-Day Love Detox: Cleanse Yourself of Bad Boys, Cheaters, and Men Who Won't Commit — And Find a Real Relationship*.

The author is Dr. Wendy Walsh, one of those friendly experts who populate the cable news channels. She even plays cable news experts on movies like *Baywatch* and *The Cable Guy*. I'm not sure how she went from a Ryerson journalism grad to "doctor," but it happened somewhere between Halifax, where she was born, and Los Angeles, where she was reborn on Fox and



JUST SAVIN'
Paul Sullivan
metronews.ca

CNN.

She does appear to have a PhD in psychology from the California Graduate Institute, which is not based on the back of a pack of matches, so we should listen.

The diet analogy goes beyond the title. It's all about "slow love." Like "slow food," get it? Citing "evolutionary psychology," Dr. Blond Alliteration promises to help women:

- Purge junk-food men
 - Learn the five sexual myths that keep women single
 - Determine when to begin the onset of sexual activity in a new relationship
 - Avoid the biggest mistakes women make when dating online
- Spot a commitment-oriented man at his "state of readiness," which is not, apparently, what you think it is.
- The secret: No sex for the first 30 days. As far as I can tell,

she'd really like you to abstain until he puts a ring on it, but that's way too long for today's post-Sex and the City woman.

Dr. BA also says women should stop sexting during this same period of abstinence. It's the sexual equivalent of empty calories.

But! But! you're probably asking yourself: "How is this any different from the advice that mom used to dole out on a daily basis?" And, truth be known, still does. Well, it's scientific. During orgasm, the female body unleashes a tide of oxytocin, a hormone that encourages bonding. This is dangerous, according to Dr. Walsh, as a woman can think she's just hooking up when she's really bonding with some unsuitable, commitment-phobic, bad-boy creep who is just using her for sex.

So it's like mom (or dad, who knows all about commitment-phobic bad boys because he probably used to be one) with a PhD. Just goes to show the value of a good education. The moral of this story is that morality has nothing to do with it, but it's still the same old story: "Why would he buy the milk if he can get the, er, cow for free?"

Slow love rules. Even in the 21st century.

ZOOM

My little pony and his care bear



Foal finds comfort with teddy bear

An orphaned week-old foal sleeps soundly in the lap of his new surrogate mum — a teddy bear. Breeze, the bay pony, was found abandoned in Dartmoor National Park in Devon, southwest England, just a few hours after his birth.

After finding the

newborn, rescuers from the local Mare and Foal Sanctuary took him in. Breeze had been stumbling hopelessly around the park's hillside and attempting to suckle on other mares. When he was found by rescuers after first being discovered by a local farmer, he was suffering from clinical shock and dehydration, said staff.

METRO

Stuffed companion

"We always give our orphaned foals a giant cuddly toy as a companion. They're just like human babies in the way in which it provides them with comfort."

Syra Bowden, executive director at the Mare and Foal Sanctuary

Vets come to the aid of poor pony

Despite the comforting effect from his cuddly toy, Breeze isn't OK.

Vets spent three hours by the poorly foal's side. He was placed on a saline drip, had a catheter fitted and was given crucial colostrum drips, milk and medication on his arrival. METRO

Clickbait



HANNAH ZITNER
hannah.zitner@metronews.ca

Sick of hearing about the Red Wedding second hand? Wishing you could silence your co-workers, Twitter and Facebook until you're caught up on the nuptials? You're in luck, now you can (though you're on your own with the co-workers part).

silencer.io

Google Chrome's 'mute packs' let you silence hashtags, people, terms or phrases on Twitter and Facebook to clear your feeds of spoilers (or boring friends or irritating topics).

spoil.rs

For those who want to "never annoy your followers again," *spoil.rs* masks your tweets so you can tweet to your heart's content about Robb Stark without fearing the wrath of Game of Thrones.

Twivo

Coming soon to a URL near you. This program gives users more control over what they block by including time-frames in the filters — giving TV-watchers self-imposed deadlines to get on with their viewing.

Twitter apps

Though you can't use filters on Twitter's iPhone or Android apps, there are a handful of third-party apps that do the screening for you. Try Tweetbot for iPhone or Plume for Android.

Twitter



@metropicks asked: Dunkin' Donuts recently added a doughnut breakfast sandwich to its menu. What would you like to eat between two pieces of doughnut?

@Mattgela: I would eat some good fruit in between! :P

@RealMarcDunn: #JimGaffigan already invented the donut ham hamburger, so Dunkin's a little late, but you can't go wrong with #bacon

@aymyao: I'd love to have bacon weave in my donut

@morbiddangel: hopefully timmies is taking notice.

@Canucklehead_ca: Would be much easier to list things I WOULDN'T eat between 2 pieces of donut. (Thinking bacon & Timbits to start though.)

@FrenchmanCanada: Another donut!

@patriciacameron: Obesity, diabetes, other health issues link to toxic foods like this. Party pooper would eat NOTHING this way.

@LaniganDarin: Just skip the pleasures of making people sick and kill them outright, put the KFC double down between 2 donuts

Follow @metropicks and take part in our daily poll.

WE WANT TO HEAR FROM YOU:
Send us your comments: halifaxletters@metronews.ca

Paid to be unemployed: when actors get naked

The Internship.

Owen Wilson and Vince Vaughn use a familiar formula with their latest bumbling, stumbling comedy



IN
FOCUS
Richard Crouse
scene@metronews.ca

The new buddy comedy *The Internship* pairs Owen Wilson and Vince Vaughn for the first time since 2005's *Wedding Crashers*.

They are still wild and crazy guys, but this time out they are unemployed wild and crazy guys pushed out of their jobs by technology.

Unable to get a foothold in the new media field they take intern jobs at Google.

"We're looking at some sort of mental Hunger Games against a bunch of genius kids for just a handful of jobs," says Wilson.

Many movies have used unemployment as the starting point for storytelling.

In *Lost in America*, rated one of Bravo's 100 Funniest Movies, Albert Brooks plays a successful advertising executive who gets fired for insult-



Owen Wilson, left, and Vince Vaughn star in *The Internship*, which opens this weekend. HANDOUT

ing his boss.

Free from the shackles of employment he goes all carpe diem and convinces his wife Linda (Julie Hagerty) to leave her job and explore the country in a Winnebago. When they lose their nest egg on a Las Vegas stop over they reenter the work force as a crossing guard and manager

at a Der Wienerschnitzel restaurant, respectively.

As the movie ends they hit the road once again, hoping to reclaim their old jobs and lifestyles.

It would be hard to imagine a more toxic workplace than the real estate office in *Glengarry Glen Ross*.

Encouragement comes in

the form of verbal abuse — most of which can't be printed in a family newspaper — and a motivational sales contest offering three prizes.

The top seller wins a Cadillac Eldorado.

"Second prize is a set of steak knives," says Blake (Alec Baldwin). "Third prize is you're fired."

Get hungry

"We're looking at some sort of mental Hunger Games against a bunch of genius kids for just a handful of jobs."

Owen Wilson
Talking about his new movie *The Internship*.

Playwright David Mamet based the original play on his experiences working in a real estate office in the 1970s.

Finally, *The Full Monty* is a comedy that takes a serious look at the effects of unemployment on the individual and the community.

Set in Sheffield, England, it's the story of six men, most unemployed steel workers, who come up with a unique way to pay the bills.

They decide to form a Chippendale dancer style group, separating themselves from the pack by going "the full monty" and go completely stark naked.

While filming, the actors agreed to go completely nude in front of 400 extras provided they only had to do it once.

They got it in one take, and according to Roger Ebert, the inspiring and revealing final scene "was applauded at the screening I attended."

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metronews.ca
Wednesday, June 5, 2013

DISH

13



John Mayer. ALL PHOTOS GETTY IMAGES

Mayer exploring Perry's wonderland once again

It looks like on-again, off-again couple Katy Perry and John Mayer are very much on again, though this time it's a more "casual" relationship, according to E! News. "They are just hanging out," a source says. "They are not putting a

label on it."

Though they haven't stepped out in public together since their March breakup, Perry and Mayer have reportedly been spending most of their nights together.

A rep for Perry couldn't be reached for comment.



Amanda Bynes

Amanda Bynes sees a silver lining with legal troubles

If you're curious about the latest details in Amanda Bynes' legal battles, the troubled starlet is happy to oblige.

"The (district attorney) and my lawyer talked today," Bynes posted to Twitter.

"They have no proof of drugs on me or around me

at anytime during the arrest or after. All I'm becoming is more famous. Thanks for lying about me!"

Bynes was arrested May 23 on counts of reckless endangerment, tampering with evidence and criminal possession of marijuana. She's due in court July 7.

Twitter



@NiallOfficial

Came in last night! Jumped on my bed and broke it! So had to sleep on the couch! not the best nights sleep I've ever had



@TheRock

AM cardio. Sweatin' like there's a hell hound on my trail. (don't know what a hell hound is but it's a cool Clapton song).



@MarkDuplass

Fellow screenwriters, let's vow to never again write the "They settle into their new, unfurnished apartment with chinese takeout" scene.

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Radcliffe really wants to be a rad dad

Daniel Radcliffe wants to start a family, and he may be in somewhat of a hurry about it.

"I'd like to get started on it before my 30s," the 23-year-old Harry Potter star tells Time Out London. "I like the idea of being a youngish parent so I've got energy to play football, even though they'll be better than me by the time they're four."

And while he doesn't currently have a mom-to-be in mind, the height challenged Radcliffe admits she'll have to do a lot of the heaving lifting, height-wise.



"I will have to find a very tall wife if they're going to be good at sports," he says. "You could be my size as a boxer, you'd just have to be a super featherweight or something."



Al Pacino

Don't say Pacino never did anything for you, Bruce

If Al Pacino is to be believed, he could have been Han Solo. The Oscar winner says he nearly starred in some of the biggest franchise-starters in Hollywood history but decided to turn them down.

"Star Wars was mine for the taking, but I didn't

understand the script," Pacino told an audience in London, according to the Evening Standard.

He also claims he turned down the lead role in Die Hard that eventually went to Bruce Willis. "I gave that boy a career," Pacino said.



Channing Tatum

Tatum adds another body to his House

Channing Tatum's team took to the actor's website to confirm the news that the White House Down star and his wife, Jenna Dewan-Tatum, are new parents.

They wrote that they "are thrilled to announce the birth of their daughter, Everly Tatum, who was born on May 31 in London."

The new mom's father, Darryll Dewan, shared his excitement with E! News.

"Anxious to meet our grandchild and hug Jenna and Chan. They are an amazing couple and will be great parents. I'm very excited for everyone in each of our families," said Dewan shortly after it was announced.



CUPE to meet with Magnolia, Sagewood nursing home workers

Workers at two Halifax-area nursing homes are invited to an information meeting to find out how joining CUPE can help them improve their wages and working conditions.

The Canadian Union of Public Employees — the province's largest nursing home union by far — has set up meetings for the staff at Magnolia Continuing Care and Sagewood Continuing Care as follows:

Sagewood employees

Wednesday June 5, 6:00-9:00 pm and Tuesday June 11, 6:00-9:00 pm at the Sackville Atlantic Superstore Community Room, 745 Sackville Drive, Lower Sackville.

Magnolia employees

Thursday June 6, 1:00-4:00 pm & 6:00-9:00 pm and Friday June 7, 1:00-4:00 pm at Quality Inn Halifax Airport, Salon A, 60 Sky Blvd. (Exit 6 on #102).

Refreshments (tea and coffee) will be available for each of these meetings.

CUPE is aware that your employer has gone to government and is to be commended for lobbying on your behalf. However, we have a proven track record and can also lobby with and for your employer to make sure you achieve wage parity.

With members in almost 50 nursing homes, CUPE wants to work with CUPE wants to work with Rosecrest Communities (a division of the Stevens Group of Companies) to ensure its employees enjoy the many benefits that come from being in a unionized workplace.

CUPE



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TRAVEL

metronews.ca
 Wednesday, June 5, 2013

3
 LIFE

Hats off to Panama!

Country of contrasts.
 This little nation with a famous canal boasts a bustling city, pristine beaches and verdant countryside

FERNANDO
 CARNEIRO
 life@metronews.ca

From modern skyscrapers in Panama City to the wild countryside and pristine beaches, Panama is a country of contrasts.

The Panama Canal, of course, brings people from all over the world to the capital, where international cuisine is easily found along with Caribbean flavours in restaurants such as Manolo Caracol and La Vitrola.

Its imposing skyline, dotted with ultra-modern architecture, is on display through the windows of downtown hotels like the Radisson Decapolis or the rooftop of the Hard Rock Hotel Panama Megapolis.

The nightlife includes a variety of charming restaurants in the Casco Viejo (old city) and salsa clubs featuring live bands such as the Havana Club Panama.

The local currency? They use U.S. dollars, except for the coinage, which is called the Balboa and minted in Canada.

A short drive away lies a different world in the tropical forest. Day tours for zip lining, culture and craft, or a visit to the Embera Indigenous Community range from \$55 to \$90.

For rest and relaxation in the sun, Panama has beaches on both the Pacific and Atlan-



The Royal Decameron resort is just a few hours from Panama City. HANDOUT

tic oceans.

Just a couple of hours from Panama City lies Farallon, home to the Royal Decameron Golf, Beach Resort and Villas Panama.

This all-inclusive resort is situated in a "dry arch," which means more sunny days on the beach.

Ten restaurants, a spa and various swimming pools make exploring this large resort fun for days.

Nightly shows and a disco are a good way to cap a busy day.

Getting there

Nolitours offers flights through Air Transat to Panama City and various packaged vacations.



Ultra-modern architecture dots Panama City's skyline.

FERNANDO CARNEIRO/METRO

Canadian influence



Canadian architect Frank Gehry — whose wife is Panamanian — designed the soon-to-be-finished Biomuseo, which showcases Panama's biodiversity. The distinct building, expected to become a cultural icon, is colourful to reflect its tropical environment.

The world's greatest shortcut

It's impressive today and it must've blown people's minds 99 years ago when the first ship crossed the Panama Canal. Possibly the world's greatest shortcut — it takes ships an average of eight to 10 hours to transit the Canal versus nearly a month to go around South America — the Canal is also a must-see tourist attraction.

Its on-site museum has images and tools starting with the original French attempt at building the Canal, which was followed by the successful American completion of the crossing in 1914. Tens of thousands died during construction due to illnesses carried by mosquitoes and engineers were forced to innovate to dig through the continental divide.

Today, the Canal is one of the Seven Wonders of the Modern World and employs about 9,500 people, bringing in \$1.5 billion to the Panamanian economy.

Although managed by the United States until 1999, the Canal is now nationally managed with an expansion on the way to handle larger ships. It's expected to be completed next year when the Canal turns 100.

At the Miraflores lock, there's a buffet restaurant and viewing platform that allow tourists to see the ships enter the locks and watch them go through the various stages linking the ocean to Gatun Lake.

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Trip tips

Hit the road this summer



ON THE MOVE
Loren Christie
life@metronews.ca

If the lure of the open road is calling you, just pick a stretch of highway somewhere between Trinity and Tofino. From coast to coast, Canada has limitless options when it comes to the makings of a great summer road trip.

Nova Scotia's Cabot Trail has always been a personal favourite. It offers stunning scenery, wildlife viewing (whales and moose) and the opportunity to touch the distinct Acadian and Scottish cultures that colour the history of the province. It is an ongoing debate whether to do the drive clockwise or counter-clockwise — I prefer clockwise. It builds your anticipation of the sites along the route in a more logical fashion.

Route 132 in Quebec's Gaspé region offers a scenic shore-hugging drive through



The best way to see Canada?
In a car, of course. iStock

silver-steeped villages surrounded by mountains and serenaded by the sea. The route forms a loop of about 900 kilometres. As the seaway widens into the gulf, try some ferry-hopping to explore both coasts of the St. Lawrence River.

The Trans Labrador Highway is a relatively new 1,054 kilometre frontier highway that allows you to explore the wilderness, culture and adventurous nature of Labrador. Make sure to visit the 16th century Basque whaling station turned National Historic

Site in Red Bay. This section of the highway also offers numerous whale and iceberg viewing spots and the chance to visit the tallest lighthouse in Atlantic Canada.

For those who want to hit the pavement but don't want to do the actual driving go sidcar with Jasper Motorcycle Tours. They offer numerous touring packages of Alberta's stunning Icefields Parkway. You get up close and personal with not only the asphalt, but the scenery and the wildlife. On my tour we saw a brown bear, big horned sheep and more elk than I could count. The drivers are fully knowledgeable about the area so you enjoy a fully guided tour as you take in the sights.

If you prefer not having to suit up in leathers and a motorcycle helmet and are looking for something a little more fancy, consider Niagara Classic Cabs in Southern Ontario. They will customize your tour through the Niagara wine-growing region in high style. It's perfect for people who want to hit the wineries without worrying about who is going to be the designated driver.

Finders keepers in game for seekers

Geocaching craze.
Try a treasure hunt next time you travel



The tools of the geocaching trade.
THE CANADIAN PRESS

Ever since there were pirates or wide-eyed children searching for eggs on Easter morning, treasure hunting has been a draw for the adventurous.

The adventure, of course, is in the hunt as much as it is in finding what has been hidden and meant to be found.

Combine that sense of adventure with global positioning technology and a desire to take advantage of the great outdoors, and you have a phenomenon known as geocaching — and tourism promoters are catching on, hoping to cash in.

Some tourism groups have watched the geocaching trend blossom over the past decade, and are taking advantage of it to attract treasure hunters and

their treasure.

"There are a series of geocaches that have been set up in various locations with the express purpose of bringing people to that area," says John Robb, president of the Ontario Geocaching Association.

The Ottawa Valley Tourist Association, based in Pembroke, Ont., encourages visitors to pack their GPS units and head to Renfrew

County, northwest of Ottawa, a region that has become a popular geocaching destination with more than 300 cache sites scattered throughout the area.

Forgot your GPS, or don't have one? No problem. The association, like others, will loan one with a damage deposit.

It has become big business. "Anybody that does any level of geocaching will, at some point, travel to do geocaching," said Robb.

One of the largest annual geocaching events held in Canada is organized by the Central Ontario Geocachers. This year, hotels in and around Ontario's cottage country are expected to be inundated on June 15 by thousands of the sports enthusiasts for a hunt held at Geneva Park on the shore of Lake Couchiching, about 150 kilometres north of Toronto.

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Mango Salsa Over Vermicelli: Sweet and savoury mash up



This recipe serves six as an appetizer or four as a main meal. MARK SHAPIRO, FROM ROSE REISMAN BRINGS HOME LIGHT PASTA (ROBERT ROSE)



ROSE REISMAN
for more, visit
rosereisman.com or follow
her on twitter @rosereisman

A fresh tasting summer pasta salad, this Mango Salsa Over Vermicelli is great for warm days. Add a grilled protein, such as fish or chicken, and you have a complete meal.

1. Cook pasta in boiling water according to package instructions or until firm to the bite. Rinse with cold water. Drain and set aside.

Ingredients

- 8 oz vermicelli or other fine-strand pasta
- 1 3/4 cups diced ripe mangoes
- 3/4 cup diced sweet red peppers
- 1/2 cup diced red onions
- 1/2 cup diced sweet green

Nutritional analysis

Per serving: 265 calories, 6 g protein, 3 g total fat, 1 g saturated fat, 44 g carbohydrates, 6 mg sodium, 0 mg cholesterol, 3 g fibre

2. In bowl of food processor, combine mangoes, red peppers, onions, green peppers, oil, lemon juice, garlic and cilantro. Process on and off just until finely diced. Pour over pasta.

ROSE REISMAN BRINGS HOME LIGHT PASTA (ROBERT ROSE) BY ROSE REISMAN

- peppers
- 3 tbsp olive oil
- 3 tbsp lemon juice
- 2 tsp crushed garlic
- 1/2 cup chopped cilantro or parsley

Metro Exclusive

Cooking with Vikram Vij, Part 2

It's time for a second helping. Metro and Vikram Vij are teaming up once again to give readers on opportunity to cook along with the renowned chef during a live webstream Thursday at 9 ET/6 PT at metronews.ca/vijcooklive.

Joining Vij as he prepares a Chicken Coconut Curry will be Dawn Chubai, from Citytv's Breakfast Television in

Vancouver, and 11-year-old Liam Lewis, a food blogger who will act as a sous chef, helping to prepare the ingredients.

Plan to cook along with Vij? Here is your shopping list:

- 2 chicken thighs deboned, skin off, chopped
- 2 chicken breasts, skin off, chopped
- 1/2 tsp saffron (optional)
- 1/3 cup cooking oil
- 1 tbsp cumin seeds or black mustard seeds
- 1/2 tsp asafetida (optional)
- 2 tbsp finely chopped garlic (6

medium cloves)

- 1 tsp turmeric
- 1 1/2 tsp salt
- 1 tsp ground cayenne pepper
- 2 tsp paprika (optional)
- 5 cups coconut milk
- 2 cups stock (chicken or vegetable)
- 1/2 cup chopped cilantro (optional)

Remember to visit metronews.ca/vijcooklive this Thursday at 9 ET/6 PT to cook along live with Vij. You will also be able to tweet him at #VijCook-Live

METRO



Cook with Vikram Vij and Metro on Thursday. SUBMITTED

The powerful presentation



The amount of energy you demonstrate during your presentation will resonate with your audience, and keep them awake, listening and interested. And don't forget to smile. ISTOCK

Skill of the speak. The how-tos of delivering an effective and engaging presentation at work

SHAHEERAH KAYANI
TalentEgg.ca

From time to time, we are all faced with the challenge of delivering an effective presentation or communicating with others effectively to get our message across at work.

To deliver an effective presentation, it is important to first understand the communication model and the three components of communication.

The communication model begins with the sender (you). The sender encodes the message, the message goes through your chosen channel (such as a PowerPoint presentation), and the receiver (your audience) will then decode your message and respond with their feedback. There are also three very key elements that are the makeup of effective communication: 10 per cent content, 35 per cent vocal qualities, and 55 per cent body language and facial expressions.

Now that you understand the communication process, here are some tips on delivering an effective presentation:

Know your audience

It is very important to know your audience so that you can strategically relate your presentation topic and method of delivery to your

audience. For example, if your audience is a panel of recruiters at a sales company (yes, an interview is probably one of your most important presentations!), you will need to dress professionally and present your work experiences and skills in a professional manner. But if your Early Childhood Education professor has given you the assignment of presenting to a group of preschoolers, then you will need to use age-appropriate terms and child-friendly activities. From my own personal experience as a business student, for example, Apple has been the most common presentation topic among my peers as we can all relate to the company and its products fairly easily.

Use visuals

Most of us are visual learners, and it can truly make your presentation so much better if you use visuals, such as images, diagrams, charts and videos, to support your presentation and message.

The classic presentation approach

Tell them what you are going to tell them, tell them, and tell them what you just told them.

This is the classic presentation approach that will help keep your presentation smooth and organized. Begin with an agenda, then the body of your presentation content, and finish off with a summary and conclusion.

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Have you Herd? Coach wants to stay in Halifax

Dominique Ducharme. Mooseheads bench boss says no other junior jobs interest him



ANDREW RANKIN
andrew.rankin@metronews.ca

Dominique Ducharme has no plans of leaving the Halifax Mooseheads any time soon.

In fact, the Herd's head coach said he's currently in talks with the team's majority owner Bobby Smith on a new multi-year deal.

"There is no other place that I would coach junior," said Ducharme, who led the Mooseheads to their first President Cup and Memorial Cup championships this past season.

"There's no better place to be in junior hockey in Canada. The support of the city, the way the organization treats its people — it's a very professional, first-class organization. I like Halifax; I don't want to go anywhere else."

The native of Joliette, Que., dismissed rumours that he was considering the vacant head-coaching position with the Quebec Remparts after Patrick Roy left the post to become the head coach and vice-president of hockey operations with the Colorado Avalanche on May 23.

The reigning CHL and QMJHL coach of the year said he began discussions on a new

His Herd history

Dominique Ducharme signed a two-year deal with the Halifax Mooseheads prior to the 2011-12 season. His record over his two seasons with the club is 97-28-5-6.

contract almost immediately after he returned to Halifax from Saskatoon with the Memorial Cup.

"I've been treated great by the Mooseheads. I want to be back and they want me back, we're just taking our time. I know the team, the city and everything else. I feel comfortable there."

Ducharme is well aware that he may be without his top line of Nathan MacKinnon, Jonathan Drouin and Martin Frk, who are likely to turn pro next year, but he says he's confident he'll have a solid group to work with next season.

"I want to become better at what I do. I want to take it one year at a time. When we finalize the contract, obviously it's going to be longer than a year. Who knows who will be back or not back next year. I don't know, but we have a good core group of guys and we'll be competitive."

Ducharme will also be travelling to Chicoutimi, Que., on Wednesday to attend the QMJHL Entry Draft on Saturday.



Mooseheads head coach Dominique Ducharme during a practice at the Memorial Cup last month in Saskatoon.
ANDREW RANKIN/METRO

Quoted

"There is no other place that I would coach junior."

Dominique Ducharme says that he is in talks on a multi-year deal to coach the Mooseheads

Olympians Harris and Martin highlight Saint Mary's track event



Jenna Martin THE ASSOCIATED PRESS FILE

Nova Scotia's own Geoff Harris and Jenna Martin will join 19 fellow Olympians at Saint Mary's Huskies Stadium to compete at the 20th annual Aileen Meagher Track Classic on Sunday.

Harris and Martin, who hail from Halifax and Bridgewater respectively, will battle it out with 180 other world-class athletes from 14 different countries. Athletes will compete in 23 different disciplines,

from the 100-metre sprint and hurdles to the long-jump events.

The event is a kickoff for the National Track League series that will also be held in Toronto, Burnaby, Edmonton and Victoria. Prize money and points will be up for grabs for athletes looking to secure a spot at the world championships in Moscow in August.

Harris and Martin competed in the 2012 London Olympics

— Harris represented Canada in the 800 metres while Martin competed in the 400 metres.

Meet director Kevin Heisler said he's thrilled to have two big local names on board.

"It's really great to have them," he said. "It shows the high level of competition that will be displayed throughout the day."

Action gets underway at 6 p.m. ANDREW RANKIN/METRO

Ticket info

- Tickets are \$10 for adults and \$5 for seniors and youth ages 16 and under.
- Tickets can be purchased on-site or at any Ticket Atlantic box office or online at ticketatlantic.com, or by phoning 451-1221.

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4 SPORTS

Defending champs pull it together at Staples Center

NHL playoffs. Kings extend home winning streak to 15 games and cut Blackhawks' series lead to 2-1

Slava Voynov had a goal and an assist, Jonathan Quick made 19 saves, and the Los Angeles Kings beat Chicago 3-1 in Game 3 of the Western Conference finals on Tuesday night, trimming the Blackhawks' series lead to 2-1.

Justin Williams also scored and Dwight King added an empty-net goal in the defending Stanley Cup champions' 15th consecutive home victory since March. The Kings have won eight straight home playoff games, dating to last season's title clincher, and they never trailed while ending the top-seeded Blackhawks' five-game post-season winning streak.

Game 4 is Thursday night. Bryan Bickell scored and

Game 3

3

Kings

1

Blackhawks

Corey Crawford stopped 25 shots for the Blackhawks, who chased Quick from Game 2 and earned back-to-back home victories to open the series last weekend.

The Kings had lost five of their previous seven playoff games before getting back to friendly Staples Center and their sellout crowd. Quick also returned to Conn Smythe Trophy form in Game 3, highlighted by a dazzling late save on Bickell, while his low-scoring teammates generated just enough offence to hold off the Blackhawks, who hadn't lost since Game 4 of the second round. **THE ASSOCIATED PRESS**



Kings goalie Jonathan Quick gets tangled up during Game 3 against the Blackhawks on Tuesday in Los Angeles. JAE C. HONG/THE ASSOCIATED PRESS

Calling it a career

Despatie retiring from diving

Three-time world diving champion Alexandre Despatie is retiring after an illustrious career that saw him burst on to the international scene as a 13-year-old phenomenon.

Despatie, 27, is the only diver to have won world championships in all three of the one-metre, three-metre and 10-metre events.

THE CANADIAN PRESS

Murder case

Pistorius stoic in court hearing

Oscar Pistorius stood for his entire 15-minute court hearing Tuesday, staring straight ahead, hands clasped in front of him and giving away little emotion as the world got its first close up view of the double-amputee Olympian and murder suspect in nearly four months.

Pistorius faces a life sentence in prison, with a minimum of 25 years, if convicted of premeditated murder, the charge against him for the shooting death of Reeva Steenkamp.

THE ASSOCIATED PRESS

MLB. Gibbons would 'be surprised' if Cabrera gets another PED suspension

Baseball is on the verge of the biggest drug scandal in North American sports history, but there is no indication Blue Jays outfielder Melky Cabrera will be involved in an expected onslaught of PED suspensions by MLB's front office.

Cabrera and the Jays were on the field in San Francisco when ESPN broke a story claiming a "biogenics" doctor in Miami had struck a deal with baseball to "name names" of players to whom he provided banned substances.

The report says baseball will seek suspensions for up to 20 players — and that bans as long as 100 games will be sought for superstars Alex Rodriguez and Ryan Braun.

Cabrera served a 50-game drug suspension last season while with San Francisco and has said he has been cooperating with baseball in its investigation into the use of banned substances by major league players.

The ESPN report, citing unnamed sources, says baseball's investigation centres on the Miami Biogenesis clinic operated by Tony Bosch.

"I know he (co-operated) and that was tied into the



Jays outfielder Melky Cabrera takes batting practice on Tuesday in San Francisco. **THE ASSOCIATED PRESS**

investigation," Jays manager John Gibbons said.

"I'd be surprised (by further suspensions for Cabrera) because he's served one already."

Cabrera, through a Jays spokesman, said he had no comment in the wake of the ESPN report.

Both Rodriguez and Braun have denied ties to Bosch, but Cabrera, when he reported to spring training, issued a statement saying he was co-operating with baseball in its investigation.

TORSTAR NEWS SERVICE

NHL PLAYOFFS

CONFERENCE FINALS

(Best-of-7; All Times Eastern)

EASTERN CONFERENCE

PITTSBURGH (1) VS. BOSTON (4)

(Boston leads series 2-0)

Monday's result

Boston 6 Pittsburgh 1

Saturday's result

Boston 3 Pittsburgh 0

Wednesday's game

Pittsburgh at Boston, 8 p.m.

Friday's game

Pittsburgh at Boston, 8 p.m.

Sunday's game

x-Boston at Pittsburgh, 8 p.m.

Tuesday, June 11

x-Pittsburgh at Boston, TBD

Wednesday, June 12

x-Boston at Pittsburgh, TBD

WESTERN CONFERENCE

CHICAGO (1) VS. LOS ANGELES (5)

(Chicago leads series 2-1)

Tuesday's result

Los Angeles 3 Chicago 1

Sunday's result

Chicago 4 Los Angeles 2

Saturday's result

Chicago 2 Los Angeles 1

Thursday's game

Chicago at Los Angeles, 9 p.m.

Saturday's game

Los Angeles at Chicago, 8 p.m.

Monday, June 10

x-Chicago at Los Angeles, 9 p.m.

Wednesday, June 12

x-Los Angeles at Chicago, TBD

x — played only if necessary

NBA PLAYOFFS

FINAL

(Best-of-7)

MIAMI (1) VS. SAN ANTONIO (2)

Thursday's game

San Antonio at Miami, 9 p.m.

Sunday's game

San Antonio at Miami, 8 p.m.

Tuesday, June 11

Miami at San Antonio, 9 p.m.

Thursday, June 13

Miami at San Antonio, 9 p.m.

NHL playoffs. Crosby: 'We gave them the game.'

Sidney Crosby and the potent Penguins have been punchless.

Pittsburgh led the NHL in scoring in the regular season. It averaged 4.27 goals per game in the first two rounds of the playoffs. And it poured in 13 goals in the last two games of the Eastern Conference semi-finals.

Since then?

No addition necessary.

The Penguins have just one goal in two losses on their home ice to the Boston Bruins. To play there again this season, they must win Wednesday or Friday and avoid what seemed so improbable just a few days ago — being swept in the best-of-seven conference final.

"Right now, we're not liking the picture, down 0-2. They're in control," Penguins coach Dan Bylsma said. "I don't think we're frustrated by the fact that we haven't scored as much as (the fact that) they're getting up leads, especially in Game 2."

The Bruins won the opener 3-0 but led just 1-0 after two periods. The second game was much different. They rolled



Sidney Crosby and Zdeno Chara mix it up during Game 1 on Saturday. **THE ASSOCIATED PRESS**

to a 4-1 lead after one period and remained aggressive in finishing off their 6-1 rout. The Penguins' effort waned as the game went on.

"I didn't do anything, didn't change anything. It felt like every time we had a puck that was bouncing, we ended up giving it away," Crosby said. "We gave them the game. We didn't really do anything to give ourselves a chance to win." **THE ASSOCIATED PRESS**

MLB

AMERICAN LEAGUE

EAST DIVISION

	W	L	Pct	GB
Boston	36	23	.610	—
Baltimore	33	25	.569	2½
New York	33	25	.569	2½
Tampa Bay	31	26	.544	4
Toronto	24	33	.421	11

CENTRAL DIVISION

	W	L	Pct	GB
Detroit	31	25	.554	—
Cleveland	30	28	.517	2
Minnesota	26	29	.473	4½
Chicago	24	31	.436	6½
Kansas City	23	32	.418	7½

WEST DIVISION

	W	L	Pct	GB
Texas	35	22	.614	—
Oakland	35	25	.583	1½
Los Angeles	25	33	.431	10½
Seattle	25	33	.431	10½
Houston	21	38	.356	15

Tuesday's results

N.Y. Yankees 4 Cleveland 3
Detroit 10 Tampa Bay 1
Boston 17 Texas 5
Baltimore 4 Houston 1
Minnesota 3 Kansas City 0
Chicago Cubs at L.A. Angels
Chicago White Sox at Seattle

Monday's results

N.Y. Yankees 7 Cleveland 4
Houston 2 L.A. Angels 1
Seattle 4 Chicago White Sox 2
Wednesday's games — All times Eastern

Cleveland (Kluber 3-3) at N.Y. Yankees (Sabathia 5-4), 1:05 p.m.
Chicago White Sox (Axelrod 3-4) at Seattle (Iwakuma 6-1), 3:40 p.m.
Chicago Cubs (Garza 1-0) at L.A. Angels (Vargas 5-3), 7:05 p.m.
Tampa Bay (Cobb 6-2) at Detroit (Fister 5-2), 7:08 p.m.
Texas (Ogando 4-2) at Boston (Lackey 3-5), 7:10 p.m.
Baltimore (Garcia 2-2) at Houston (Keuchel 2-2), 8:10 p.m.
Minnesota (Walters 2-0) at Kansas City (Guthrie 5-3), 8:10 p.m.

NATIONAL LEAGUE

EAST DIVISION

	W	L	Pct	GB
Atlanta	36	22	.621	—
Washington	29	29	.500	7
Philadelphia	29	30	.492	7½
New York	22	33	.400	12½
Miami	16	43	.271	20½

CENTRAL DIVISION

	W	L	Pct	GB
St. Louis	38	19	.667	—
Cincinnati	36	23	.610	3
Pittsburgh	35	24	.593	4
Chicago	23	32	.418	14
Milwaukee	22	35	.386	16

WEST DIVISION

	W	L	Pct	GB
Arizona	32	25	.561	—
San Francisco	30	27	.526	2
Colorado	31	28	.525	2
San Diego	26	31	.456	6
Los Angeles	24	32	.429	7½

Tuesday's results

Philadelphia 7 Miami 3 (11)
Washington 3 N.Y. Mets 2
Colorado 5 Cincinnati 4
Atlanta 5 Pittsburgh 4 (10)
Milwaukee 4 Oakland 3 (10)
Arizona at St. Louis
San Diego at L.A. Dodgers
Toronto at San Francisco
Monday's results
Philadelphia 7 Miami 2
Cincinnati 3 Colorado 0
Atlanta 7 Pittsburgh 2
Oakland 10 Milwaukee 2
St. Louis 7 Arizona 1
L.A. Dodgers 2 San Diego 1
Wednesday's games — All times Eastern
Pittsburgh (Rodriguez 6-3) at Atlanta (Teheran 3-2), 12:10 p.m.
Miami (Turner 1-0) at Philadelphia (Hamels 1-9), 1:05 p.m.
Oakland (Colon 6-2) at Milwaukee (Gallardo 4-5), 2:10 p.m.
Toronto (Dickey 4-7) at San Francisco (Zito 4-3), 3:45 p.m.
N.Y. Mets (Gee 3-6) at Washington (Haren 4-6), 7:05 p.m.
Colorado (Garland 3-6) at Cincinnati (Cueto 3-0), 7:10 p.m.
Arizona (Miley 3-5) at St. Louis (Kelly 0-2), 8:15 p.m.
San Diego (Marquis 6-2) at L.A. Dodgers (Kershaw 5-3), 10:10 p.m.



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2014 Mitsubishi Mirage



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2014 Mitsubishi Mirage

- **Type.** Four-door, front-wheel-drive sub-compact hatchback
- **Engines (hp).** 1.2-litre DOHC three-cylinder (74hp)
- **Transmissions.** Five-speed manual; continuously variable (CVT)
- **Base price (incl. destination)** \$13,000 (est.)

Design

The car is larger than the Chevrolet Spark, for example, in most key exterior measurements by five to 7.5 centimetres. However, it's more petite than other competitors, notably the Ford Fiesta, Honda Fit and Hyundai Accent hatches.



The dash is simple yet tasteful.

Fuel Economy

Contemplating a vehicle this small usually involves compromises and in the Mirage's case you give up room in return for exemplary fuel economy. Mitsubishi is estimating 5.3 l/100 km in the city and 4.4 in the highway. That beats the Chevy Spark's 6.3/5.1 rating and even surpasses the Smart Fortwo's 5.8/4.7.

Engine

The Mirage's pump-passing nature comes from a 1.2-litre three-cylinder engine that generates a modest 74 horsepower and 74 pound-feet of torque. Matched with it is your choice of a five-speed manual transmission or optional continuously variable unit (CVT).

Review. Yet another global small car finds a home in North America

MALCOLM GUNN
wheelbasemedia.com

It's lean times these days for Mitsubishi fans. With only a variety of Lancer and Outlander models plus the iMiEV electric car on showroom floors, product diversity is definitely lacking. Fortunately, some relief is at hand in the form of the 2014 Mirage sub-compact.

In the distant past, various Mirages were imported to North America wearing Mitsubishi, Dodge and Plymouth labels (Chrysler and Mitsubishi once worked closely together). That well dried up after the 2002 model year, but it will be at least partially replenished this fall by a small four-door hatchback that the automaker promises will be one of the most fuel-efficient non-hybrids you can buy.

The new five-passenger

Mirage hatchback, currently manufactured in Thailand for Mitsubishi's European and Asian markets, is due here this fall.

A quick walk-around confirms that the vehicle's diminutive appearance is no, uh, mirage. The little zipper is perched low to the ground on tiny 14-inch wheels that would seem right at home on a Smart ForTwo. The rounded and somewhat stubby front gives the car a cute-in-its-own-way appearance that belies its wind-cheating drag coefficient. Although the front doors and liftgate are generously sized, smallish rear doors and a sloping roofline hamper three-in-a-pinch rear-seat access.

The interior appointments are simple, yet tasteful, with easy-to-read gauges and controls that gibe with the Mirage's practical nature. The 60:40 split rear seat can be folded down for added stowage (although you won't get a perfectly flat load floor), but even when occupied there's reasonable space for groceries and gear. Just don't plan to stash your golf



The trunk is space is decent considering the size of the car.

clubs back there.

Since the sub-compact Spark is on-the-road base-priced at \$13,350, it's likely the Mirage will undercut that, although there's no final word yet. The base SE actually comes with a decent list of features, such as tilt steering, keyless entry, power windows and outside mirrors, a 140-watt four-speaker audio system and an eco indicator that lights up when you're operating in a fuel-saving manner. The Mirage also has seven standard airbags,

including a driver's knee inflatable.

Move up to the premium model and the content list is expected to include automatic climate and speed control, alloy wheels, steering-wheel-mounted audio switches, fog lamps and keyless entry and a start/stop button. The Mirage will never be confused for a junior-sized luxury car — leather seats, sunroof and other niceties aren't offered — but as a short-haul urban commuter it's the right car for the job.

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3 Fiat 500
Base price: \$17,700



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There are plenty of specially developed cloths, towels and mitts on the market for washing, wiping and waxing the exterior and interior of your vehicle. But how do you restore them to a useful condition after you've dirtied them up a bit? The maker of WHOOSH! claims that its biodegradable detergent will not harm the micro-fibres that are commonly used to manufacture cleaning cloths and applicators. Instead, they will turn out as soft and fluffy as new, which is what you need to get back to work on your vehicle. A 32-ounce (946 ml) bottle sells for \$20 US and is available from the manufacturer at whooshinc.com.



Flip your Jeep lid

Talk to any owner about their Jeep Wrangler and they'll wax poetic about their favourite off-roader. But ask them about removing and reinstalling the Jeep's canvas top and the conversation might get uncomfortable. In short, it's not much fun wrestling with the various snaps, zippers, hooks and other attachments. A solution is in hand in the form of the power-operated MyTop from Roadwire. The company states that its lid will automatically fold back and reverse itself in about six seconds and the folding/re-folding process are of the same design used to operate the canopies of fighter jets.

MyTop is priced at \$4,700 US, plus installation. More info is available at roadwire.com.



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Chevy and Bugatti ready to Transform on the big screen

The cartoon-turned-movie's fourth instalment *Transformers 4* is doing a little transforming of its own. Its getting a new cast. The new 2014 Chevrolet Corvette Stingray, shown in this photo, and the Bugatti Veyron Grand Sport Vitesse will join the Autobots on screen, slated to open June 27, 2014, according to the official Transformers Facebook fan page.

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**For those without a Metro, the
forecast calls for "I dunno" with a
slight chance of "huhhhh?"**

metro

Horoscopes

Aries

March 21 - April 20

You may prefer to hide than to deal with people who annoy you today. But that would be a shame because the planets indicate you have much to share, and much to gain from expressing your point of view.

Taurus

April 21 - May 21

Someone you live or work with will test your willingness to stand up for what you believe over the next 24 hours. They don't know you as well as they should. A Taurus never gives in!

Gemini

May 22 - June 21

You may be big and tough enough to face a worrying situation alone by there is no reason why you should. Call on friends and colleagues to back you up today.

Cancer

June 22 - July 23

A loved one is eager to kiss and make up and, deep down, so are you. Get over your hurt feelings and get back together. And remember: Everyone falls out occasionally.

Leo

July 24 - Aug. 23

According to the planets, affairs of the heart need extra attention today, as do friendships that seem to be drifting apart. The upcoming new moon can heal any rift. But first that has to be your desire.

Virgo

Aug. 24 - Sept. 23

Most people respond well to reason but one person is behaving so badly that you may have no choice but to lay down the law. No one plays hardball better than a Virgo.

Libra

Sept. 24 - Oct. 23

If someone offers you advice today, you would be wise to listen and, if possible, take action. The last thing they want is to see you make a silly and costly mistake — and you don't want to see it either.

Scorpio

Oct. 24 - Nov. 22

An opportunity to improve your status at work looks tempting but the planets warn it will mean a lot of extra responsibility and you already have too much on your plate.

Sagittarius

Nov. 23 - Dec. 21

Your plans for the day should be based on what interests you, not on what other people expect of you. If you let them tell you what to do once, they will do it again and again.

Capricorn

Dec. 22 - Jan. 20

You may be doing well but you are also worried that the more you gain, the more likely it is someone will come along and take it away from you. That's far too negative an attitude — and far too materialistic.

Aquarius

Jan. 21 - Feb. 19

Routine tasks will come easy to you today and you will feel immensely pleased with yourself when it's all done. You will also be entitled to take it easy this evening, maybe in the company of a special friend.

Pisces

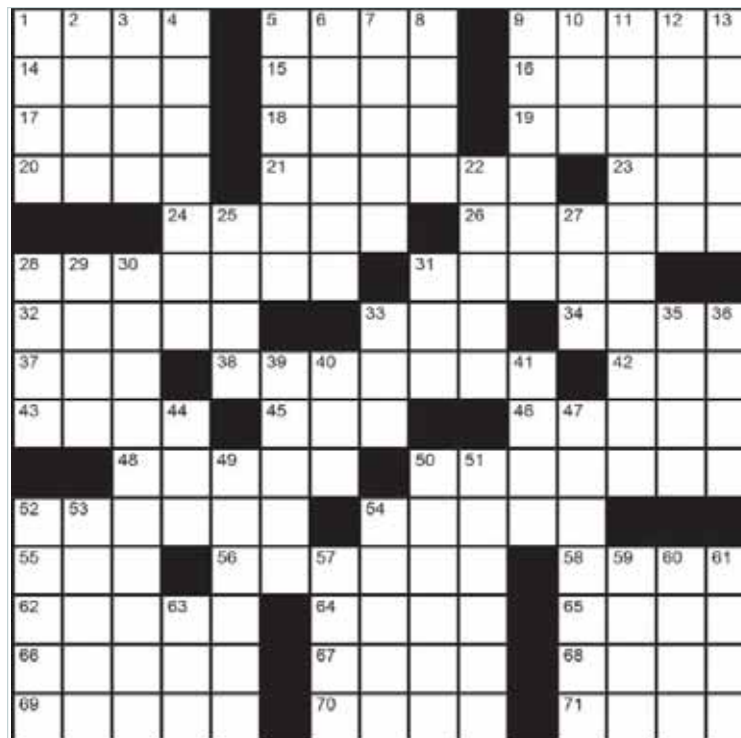
Feb. 20 - March 20

If you have something to say, you must speak up. According to your solar chart, a frank exchange of views is not just an option but a must. Without it, confusion and bad feelings will continue. **SALLY BROMPTON**

Crossword: Canada Across and Down

Across

1. Fermented honey drink
5. Matt of jazz in Canada
9. Berry
14. "ER" complaint
15. Empire of yore
16. Kind of wall+hanging
17. Restaurant bigwig
18. Go to and fro
19. Not that much
20. Organism body
21. Champagne/orange juice drink
23. Madhouse
24. Necklace fastener
26. Sports team participant
28. Be left-on-the-counter-too-long bread: 2 wds.
31. Climbing leguminous plant
32. Mythology: Rarified fluid
33. Poetic contraction
34. Geological periods
37. "Murder, ___ Wrote"
38. Canadian singer of "Sometimes When We Touch": 2 wds.
42. Kind of small deer
43. Highway honker
45. Farm fluff
46. Put out
48. 1940s jazz
50. "Working for the ___" by Loverboy
52. Edvard Munch painting, The ___
54. Barry Manilow song
55. Romance
56. Dismount the bus or train: 2 wds.
58. Thingy like this:
62. Melanie Griffith movie, "A Stranger ___ Us" (1992)



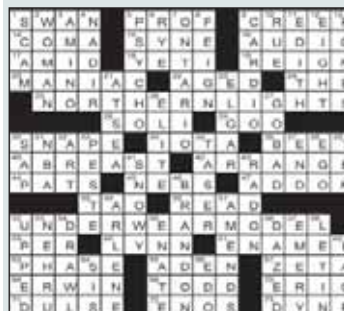
64. Bit of knowledge
65. Concept
66. Orange ___ tea
67. Computer company
68. "___ the time!" (Go for it!)
69. Place
70. Gave the once over

71. "Anything ___?"
- Down
1. PC alternatives
2. Lingering sound
3. "Excuse me..."
4. In+reality: 2 wds.
5. Gloomy
6. Foolish
7. Rapsallion
8. Send to the boxing

9. Some volcanic rock
10. Paris landmark, ___ de Triomphe
11. Neil Young's backing band: 2 wds.
12. Dugout
13. Prominent Titanic passenger, John Jacob ___ IV (b.1864)

- d.1912)
22. Participate in a bee
25. Grease
27. Superstar
28. Hollywood legend Lillian
29. Resort in Jamaica, ___ Rios
30. Quebec locale of Bishop's University
31. Lucky number, ancient Rome style
33. Your, Bible-style
35. Adjective's friend
36. Sunflower what?
39. "Oh, give me ___ where the buffalo..."
40. Log Z's
41. Wasn't truthful
44. Wedding announcement word
47. Toronto's has the CN Tower in it
49. Prepped groceries at the cash
50. Breakfast appliance, ___ iron
51. Wrap with a covering
52. Changes for another
53. Space object
54. It makes the world go round
57. Detergent brand
59. British rocker Billy
60. Huey Lewis & The ___
61. Alleviate
63. "Never." = "___ thousand times."

Yesterday's Crossword



Sudoku

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Yesterday's Sudoku



Today



Thursday



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*Selections were not exclusive of each other and included other activities.

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